

the buzz

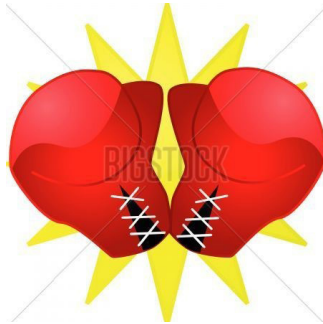
October 2019

Are You Ready to Fight the Flu This Season?

The best protection against the flu is getting a flu vaccine.

2018-2019 was a moderately severe flu season that lasted a record-breaking 21 weeks.

While the timing of flu season is unpredictable, seasonal flu activity often begins to increase in October, most commonly peaks between December and February, but can last as late as May. The Center for Disease Control and Prevention (CDC) recommends that everyone ages 6 months and older get a flu vaccine by the end of October. It takes about two weeks after the vaccination for antibodies to develop in the body to protect against flu virus infection.



You have the power to fight the flu. Get yourself and your loved ones a flu vaccine today.

FREE FLU SHOTS

All City of St. Louis Active employees and employees covered under the City of St. Louis Medical Plan are eligible for a FREE flu shot. Make your appointment today!

- Call the BJC Health Line at 314-747-7234, Monday-Friday, 8 a.m.-6 p.m.
- Photo ID is required by all participants. This can be employee ID or driver's license.
- Appointments will be given priority over walk-ins.
- Walk-ins are welcome.

Date	Location	Time	Address
Sept 30	Water Division-Chain of Rock	1-2 p.m.	10650 Riverview St., Lunch Rm., St. Louis, MO 63137
Sept 30	Medium Security Institution	2:45-3:30 p.m.	7600 Hall St., Briefing Rm., St. Louis, MO 63137
Oct 1	Parks and Recreation	7:30-8:30am	5600 Clayton Ave., Conference Rm., St. Louis, MO 63110
Oct 1	Fire Division Headquarters C-Shift	10 a.m.-noon	1421 N Jefferson Ave, Class Rm., St. Louis, MO 63106
Oct 1	City Justice Center	2:30-4 p.m.	200 S Tucker Blvd., Quiet Rm., St. Louis, MO 63102
Oct 2	Police Division-Central Patrol*	7-9 a.m.	919 N Jefferson Ave., Briefing Rm., St. Louis, MO 63016
Oct 2	Fire Division Headquarters A-Shift	10 a.m.-noon	1421 N Jefferson Ave, Class Rm., St. Louis, MO 63106
Oct 2	Family Courts*	1:30-2:30 p.m.	920 Vandeventer Ave., Detention Unit A, St. Louis, MO 63108
Oct 3	Fire Division Headquarters B-Shift	10 a.m.-noon	1421 N Jefferson Ave, Class Rm., St. Louis, MO 63106
Oct 3	Equipment Services	1:30-2:15 p.m.	1900 Hampton Ave., Lunch Rm., St. Louis, MO 63139
Oct 3	Street Department	2:30-4 p.m.	1900 Hampton Ave., Street Ready Division Rm., St. Louis, MO 63139
Oct 4	Water Division-Howard Bend	11:30 a.m.-12:30 p.m.	Waterworks Rd., Filter Plant Training Rm., Chesterfield, MO 63017
Oct 4	Forestry	3-4 p.m.	1415 N 13th St., Garage, St. Louis, MO 63106

Oct 7	Carnahan	8:30-10 a.m.	1114 Market St., Rm.921, St. Louis, MO 63101
Oct 8	Police Division-Academy*	10am-12 pm	315 N. Tucker Blvd., St. Louis, MO 63102
Oct 8	Police Division-South Patrol*	2-4 p.m.	3157 Sublette Ave., S t. Louis, MO 63139
Oct 9	City Hall	9 a.m.-1 p.m.	1200 Market St., Rotunda, St. Louis, MO 63103
Oct 10	Airport (Main)	7-9 a.m.	10701 Lambert Intl. Blvd., Director's Office Conference Rm., St. Louis, MO 63145
Oct 10	Airport-Material Management	9:30-10:30 a.m.	4780 St. Andrew Ln., Conference Rm., Bridgeton, MO 63044
Oct 10	Police Division-North Patrol*	2-4 p.m.	4014 Union Blvd., St. Louis, MO 63115
Oct 14	1520 Market	10 a.m.-noon	1520 Market St., Conference Rm. 1, St. Louis, MO 63103
Oct 15	Water Division-McRee	7-8 a.m.	4600 McRee Ave., Lunch Rm., St. Louis, MO 63110
Oct 15	Water Division-Kingshighway	8:30-9:30 a.m.	1640 S Kingshighway Blvd., St. Louis, MO 63110
Oct 15	Refuse Division	1-2 p.m.	1200 Central Industrial Dr., Ready Rm., St. Louis, MO 63110
Oct 16	Police Division-Headquarters	9 a.m.-noon	1915 Olive St., Cafeteria, St. Louis, MO 63103
Oct 23	City Hall	9 a.m.-1 p.m.	1200 Market St., Rotunda, St. Louis, MO 63103
Oct 24	Laclede Garage	3-4 p.m.	3930 Laclede Ave., St. Louis, MO 63108

*Limited access sites: only employees from these sites will have access.

Have You Downloaded Engage?

Engage is an Anthem mobile app that includes tools and information you need to make the most of your medical benefits and improve your overall well-being. With the Engage app you can access all of your benefit information, including your mobile Anthem ID card, compare the quality and cost of doctors and hospitals, access health and wellness tools and more...



And when you download the Engage app, you'll also get more powerful tools at your fingertips, including:

- **Anthem Health Guide-** A customer service program helping you stay involved in your health. Speak to a live Anthem Health Guide 24 hours a day, seven days a week.
- **Well-Being Coach-** Providing motivation and support to you in making meaningful health changes.
- **MyStrength-** Providing ideas and programs to support your emotional health and well-being.

To download the engage app:

1. On your Apple device, open App Store. On your Android device, open Play Store.
2. Enter Engage into the search bar and select Download.
3. Once downloaded, the Engage logo will appear on your device.

It's that easy! Download Engage today.

October Happenings

Group Exercise Classes

Group fitness classes can be an exciting way to achieve your fitness goals in a supportive setting where you can build camaraderie with others. View full class descriptions on the **Employee Wellness Program** web page.



Location	Monday	Tuesday
Carnahan Building 1114 Market St., Rm 921 St. Louis, MO 63101	Yoga 12-12:45 p.m. Oct 7-Nov 4	Yoga 12-12:45 p.m. Oct 1-Nov 5

STL WEIGHT LOSS & FITNESS



STL Fitness & Weight Loss Challenge: Final Weigh-Ins

Participants earned points by losing weight, exercising and completing exercise challenges. The top three individuals and teams with the most points will win prizes.

Final Weigh-Ins will be October 28-November 1.

Is it a Cold or Flu?

SIGNS & SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Rare	Usual
Chills	Uncommon	Common
Fatigue, Weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

Blood Pressure Clinics

A BJC nurse will confidentially track your blood pressure and provide on-site education. View the entire schedule on the Health Screening Events on the Employee Wellness Program web page.

Oct 1	Police Headquarters	12-1 p.m.
Oct 1	Police-Central Patrol	2-3 p.m.
Oct 8	City Hall-	10-11 a.m.
Oct 8	Carnahan	11:30 a.m.-noon
Oct 15	Airport	1-2 p.m.
Oct 15	Street Department	3-4 p.m.
Oct 22	1520 Market	10:30-11:30 a.m.
Oct 22	City Justice Center	1:15-2:15 p.m.
Oct 22	Water-McRee	3-4 p.m.
Oct 29	Water-Chain of Rock	1:15-1:45 p.m.
Oct 29	Medium Security Inst.	2:15-3:15 p.m.



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare